

ISNA Professional Development Test

Food Allergies - The Basics

Summer 2013

True or False (write T or F in box)

1. _____ About 20% of children have clinically proven allergic reactions to foods.
2. _____ Food allergies and food intolerances are the same thing.
3. _____ When someone is having an allergic reaction, histamines are released into the bloodstream.
4. _____ A food allergy can cause anaphylaxis which could be fatal.
5. _____ Most children will grow out of severe allergies, such as an allergy to nuts.
6. _____ Common food allergies include eggs, nuts, fish, and wheat.
7. _____ A child with an intolerance to milk may have nausea or diarrhea if they consume milk or dairy.
8. _____ A child can have a reaction to food the very first time they consume that food.
9. _____ There is no cure for food allergies.
10. _____ Staff should be trained on cross contamination issues to prevent a child from having a reaction.

To receive one (1) Continuing Education Unit (CEU) you must complete the above test, then mail to:

Center Grove Community Schools
Food Service Office
Attn: Shannon Nesius
4800 West Stones Crossing Road
Greenwood IN 46143

OR go to www.indianasna.org and submit it electronically.

Name: _____

SNA Membership #: _____

Address: _____

Email address: _____

Always keep a copy for your records.

****YOU MUST HAVE AN EMAIL ADDRESS TO SUBMIT AN ARTICLE!!! YOU CAN SIGN UP FOR A FREE ACCOUNT FROM HOTMAIL, GOOGLE, YAHOO, AND MANY MORE!!!! I WILL NO LONGER MAIL CERTIFICATES TO YOU.****